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STANLEY'S SPEAKING DATES

LEARNING MENTAL HYGIENE.

Candidate For Governor Will in Albany, N. Y., recently, the first Speak at the Following Places. Hon, A. O. Stanley, candidate for the Democratic nomination for governor will address the voters on the

following days and places: Marion, Thursday, July 1. Benton, Friday, July 2. Murray, Saturday, July 3. Hazel, Saturday, July 3, night.

The Twentieth Century Version. The wise man buildeth his house on wand, for the drainage is better .-Philadelphia Public Ledger.

#### Children Cry FOR FLETCHER'S CASTORIA



# Time Card

Effective Friday, Apr. 2, 1915, TRAINS GOING SOUTH.

No. 93-C. & N. O. Lim. 11.56 p. m No. 51-St. L. Express 5:29 p. m. No. 95-Dixie Flyer 9:35 a. m. No. 55-Hopkinsville Ar. 7:00. a. m No. 53-St. L. Fast Mail 5:24 a. m.

TRAINS GOING NORTH. No. 92-C. & St. L. Lim., 5:29 a. m No. 52-St. Louis Express, 9:55 a.m.

No. 94-Dixie Flyer, 7:08 p. m. No. 56-Hopkinsville Ac. 8:55 p. m No. 54-St. L. Fast Mail 10:16 p. m. No. 51 connects at Guthrie for Memphis as paints as far south as Erin, and, for Louisville Cincinnati and the East.

Mos. 63 and 55 make direct connections at Guth-cis for Louisville, Cincinnati and all points north and east thereof.

No. 36 carries through sleepers to Atlanta, Ma-son, Jacksonville, St. Augustine and Tampa, Pla Siles Pullman skepers to New Orienna Connect at Guthrie for points East and West. No. 33 w carry local passengers for points north

J. C. HOGE, Agi.

At a conference on mental hygiene gathering of its kind in that state, emphasis was laid not only on the need for understanding the causes of insanity, the danger of alcohol and eased parents, but also on the means for preventing insanity.

The conference urged increased facilities for housing and caring for those suffering from mental disease, and for extended social service, that the environment as well as the health of patients may be improved. A carefully prepared exhibit and a series of | goods, says the Dallas News. If moving pictures illustrated these needs of the state and some methods of meeting them.

# AT OUR CULTURE CLUB.

"Because they once saved that city, to this day geese are honored in Rome."

"In that case, if I were you I think I'd go and live there, my dear."

# NOISY MAN.

Bill-Man is born to be noisy, I

Jill-Why do you think so? "Because when he's young he cries and when he's old he snores."

# THE WRONG FOOT.

Male Straphanger-Madam, you are standing on my foot.

Female Ditto-Beg pardon, sir. I thought it belonged to the man sit ting down.

# CORRECT.

"Tommy, I've written on the blackboard, 'Three large apples.' Now, where's the verb?"

"I guess it's in your mind, ma'am."

#### Children Cry FOR FLETCHER'S CASTORIA

A little more than one-third of the workers of this country are agricul-

# RHUBARB AT ITS BEST LENTIL'S GREAT VALUE

RECIPES THAT HAVE BEEN TRIED VEGETABLE CONTAINS HIGH DE AND FOUND WORTHY.

Plant Just Now is at its Best and Should Have a Place on Every Table-Dumplings That Appeal to the Chlidren.

Rhubarb is at its best just now, as well as cheap, so it is a good time to serve it often at the table. But in or der to have it appreciated it should be propered in a variety of ways.

Very delicious preserves can be made with rhubarb either alone or combined with another fruit.

Fhubarb and Fig Jam. - To five pounds of rhubarb cut short lengths llow one pound of cooking figs, the grated rind and fuice of one lemon. ad four pounds of sugar. This should stand over night, and in the morning be cooked very slowly for an hour Then put into glasses and seal.

Rhuberb Jam .- To each pound of rhubarb allow one pound of sugar and one lemon. Peel the yellow rind thin and slice the pulp. Put away over night with the cut rhubarb as before described, and boll for three-quarters of an hour slowly. Pour into jars and

Rhubarb and Orange Jam.—Put three pounds of oranges into a preserving kettle with plenty of cold water and simmer for three hours. Drain and cut up the oranges, rejecting the seeds. Put six pounds of granulated sugar into the kettle with just a little water and stir frequently until it boils. Then put in the oranges with three pounds of rhubarb cut into short engths. Stir again until the mixture boils and then let the whole simmer for another twenty minutes.

Rhubarb Dumplings.-Children will enjoy these for lunch or supper, even though they do not like rhubarb. The rhubarb is stewed in half its weight of sugar and a little water. While it is cooking mix a biscuit batter, using a pint of flour, one-half teaspoonful salt, two teaspoonfuls of making powder and a cupful of milk. Drop this in the rhubarb by spoonfuls and cook for from eight to ten minutes. A pinch of ground ginger or a few raisins can be added if the flavor is liked.

Rhubarb Jelly.-This makes a nice Sunday dessert, because it can be prepared the day before. Soak one-half box of gelatin in half a cupful of cold water for an hour. Cook two pounds of rhubarb in a very little water and when reduced to a pulp sweeten to taste. Set aside and cook one cupful of sugar with one of water for twenty minutes. Stir the soaked gelatin into the boiling sirup and stir until dissolved. Remove from the fire, add the rhubarb and set away in a mold

Rhubarb sponge is made as for jelly, but when it begins to thicken the beaten whites of three eggs are whipped in until the jelly is quite stiff. Serve with whipped cream or a thin custard made rom the yolks of the eggs.

Rhubarb Compote. - A compote is very little more trouble than stewing, but infinitely more attractive when served. Poll one cupful of sugar with a wineglassful of water for five minutes. Then drop in short lengths of rhubarb, a few philis, and the perils threatening at a time, so they retain their shape. children of mentally defective or dis- | Take them out with a skimmer as thev become tender and lay in a dish. Por he sirup over and serve when cold.

# Washing Shawls,

To wash knitted or crocheted shawls, fold them as flat as possible and lay carefully in a pillow case, run through at intervals with basting thread to keep flat. Then they should be handled like other flannel or woolen washed separately, observe the usual precautions for woolen goods, gently squeezing through the hands and keeping the suds and rinsing water of the same lukewarm temperature. Take out of pillow case, but do not hang knitted goods up to dry. Put in the oven on a big platter, shaking and turning occasionally, or lay on a clear cloth in the sunshine.

# Drop Gingerbread.

Beat to a cream one-half cupful of brown sugar and one-half cupful of butter or lard that has been softened. Add two well beaten eggs, one cupful of molasses, two teaspoonfuls of cinnamon, a tablespoonful of ginger, half a cupful of sour milk with a teaspoonful of soda beaten in, and, lastly, three cupfuls of flour. Cover the bottom of a dripping pan with buttered paper, drop the dough on in spoonfuls, giving the cakes ample room to rise and bake a rich brown in a moderate

To Clean a Copper Kettle.

To bring a copper kettle back to its first brightness, wash with soap and water, then make a paste of a knife powder and paraffin and scour well. Two or three cleanings may be necessary to bring it back to its original brilliance.

Chateaubriand Steak Wipe a nice tenderloin steak with a damp cloth, put on a buttered broiler

and broil over a fire until done, but not dried. Transfer to a hot platter. butter thickly and cover with broiled mushrooms, laid close together. layer cake filling.

Butter Gravy.

One tablespoonful of butter, one reaping tablespoonful of flour, shake er two of pepper, Little salt. Work but-

GREE OF NUTRITION.

Baked and Served With Nuts and Tomatoes, It is Probably at Its Best -Good Omelet for Luncheon or Supper.

Lentile baked with a few chopped nuts and tomatoes make a dish with more value than meat. After a pint of lentils have been soaked, drain and cover them with fresh water and boil until the skins crack. Place them in a shallow baking pan, mixing them with a half pound of Brazil nuts which have been peeled and chopped fine, sprinkle over two teaspoonfuls of salt, cover with strained tomatoes and bake for two bours.

Lentil cutlets make an excellent dinner dish. Prepare a quart of lentils by washing and placing in a granite saucepan with a quart of cold water, a teaspoonful of lemon fuice, two small onions, four whole cloves, three red peppers, a teaspoonful of salt and a bunch of herbs-including plenty of parsley. Cover and cook over a moderate fire until the water has been absorbed and the lentils are soft, but not pulpy. Take out the herbs, onions and cloves and mix with the lentils half a pound of fresh mushrooms previously cooked in their own liquor and slightly flavored with mace set aside the liquor of the mushcooms for gravy. Add to lentil and mushroom mixture two tablespoonfuls of red currant jelly, a dessertspoonful of ment or vegetable extract, a little ed pepper and some celery salt. Add inbeaten eggs, one or two at a time, until the mixture is well bound together. Then brush with egg, coat with brown breadcrumbs, after shapng into a cutlet, and fry in deep fat With the cutlet serve a well-seasoned brown gravy, using the mushroom liquid as foundation, and adding at the last moment another small spoonful of currant jelly.

Lentil omelet is a splendid luncheon or supper dish. Wash three tablespoonfuls of lentils, then cook them in salted water. Melt a tablespoonful of butter in a saucepan, fry in it a peeled chopped shallot, add the drained lentils and fry a few minutes Moisten with three tablespoonfuls of brown sauce, season with salt and pepper and keep hot. Break six eggs and beat them up well with two table spoonfuls of cream, season and pour into an omelet pan containing some melted butter. When the omelet be gins to set spread the lentils over it and fold over. A little tomato sauce may be poured around the base of the dish if desired.

Cheese baked with lentils makes a substantial and easily prepared dish. Prepare the lentils as for the cutlet before the mushrooms are added and sprinkle several layers of grated cheese into the baking dish between the layers of lentils. On the top put thick slices of ripe tomatoes or cover well with canned ones. Over them sprinkle finely chopped parsley and dot the whole with small pieces of butter. Bake quickly and serve hot with or without gravy.

In Germany one eats lentils this way: Wash two cupfuls of lentils soak over night, drain and cover them and one onion with boiling water and cook until tender, but not broken. Melt two tablespoonfuls of butter in a frying pan, stir in two tablespoonfuls of flour and cook until brown; then add two onions, chopped fine, three tablespoonfuls of vinegar and two tablespoonfuls of the water the lentils were cooked in, stir until boiling, add the drained lentils with salt and pepper as needed and a grating of nutmeg. Turn into a double boiler and cook slowly for 15 minutes. Serve surrounded with cress.

Baked Brown Bread.

One cupful rolled oats; pour over one pint of boiling water and let stand one hour. Then add one-half cupful molasses, one teaspoonful salt, one tablespoonful butter, half yeast cake dissolved in one-half cupful water. Make stiff batter, adding one cupful graham flour and the rest white flour. Make stiff as you can stir. To be set over night.

Save the Yolks.

When, as frequently happens, the whites of several eggs are used, and there is no immediate use for the yolks, they can be kept fresh for several days by dropping them in a cup carefully and then covering them gently (so as not to break the delicate skin), with cold water; change the water daily.

When Warming Over Meat. The best way to warm up a roast of

meat is to wrap it in thickly greased paper, and keep it covered while in the oven. By having it covered the steam will prevent the meat from be coming hard and dry, and it will be come heated through in less time.

Banana Fluffs.

Put enough bananas through a ricer to fill one cup, add two tablespoonfuls of sugar, juice of half a small lemon and one-half cupful of cream, whipped stiff. Beat all together and serve very cold with sponge cake, or as a

Making Beef Tea.

If it is necessary to cool soup or beef ten at once, pass it through a er into flour and gradually stir in hot clean cloth saturated with cold water rater until mixture is correct thick. I Not a particle of fat will be left in the



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